



**Food ID:** A151

**Food name and Description:** Pancake

**Scientific name:**

**Alternate/Common name(s):** Hotcake

**Edible portion:** 100%

### **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	40.6
Energy, calculated (kcal)	269
Protein (g)	8.4
Total Fat (g)	7.6
Carbohydrate, total (g)	41.8
Ash, total (g)	1.6

### **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.3
Sugars, total (g)	5.7

### **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	238
Phosphorus, P (mg)	156
Iron, Fe (mg)	4.2
Sodium, Na (mg)	554

### **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	145
beta-Carotene (µg)	10
Retinol Activity Equivalent, RAE (µg)	146
Thiamin, Vitamin B1 (mg)	0.15
Riboflavin, Vitamin B2 (mg)	0.25
Niacin (mg)	1.3
Ascorbic Acid, Vitamin C (mg)	0

### **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	1.66
Fatty acids, monounsaturated, total (g)	1.94
Fatty acids, polyunsaturated, total(g)	3.48
Cholesterol (mg)	46